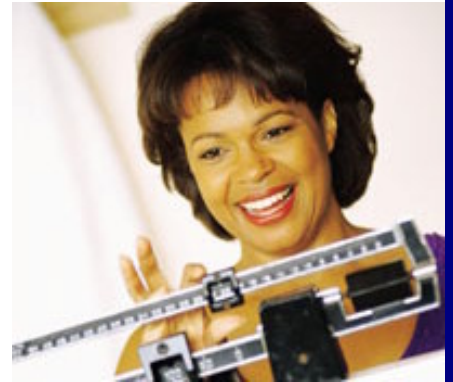


Yes! You Can Keep That Weight Off!

You have been managing your weight successfully for a long time. **GREAT!!**



Here are some tips to help you keep going:

- Now that you know what works for you – keep it up!
- Write down all the reasons you wanted to lose extra weight in the first place. Look at these carefully, and think about how far you have come.
- Take credit for your success and hard work. Continue to reward yourself often!
- Plan for people, places, and events that might trip you up.
- Keep your thinking **POSITIVE**.
- Maintain your network of family and friends to provide encouragement and support. Let them know how much their ongoing support is helping you.
- Plan ways in advance for you to deal with difficult situations.
- Find new ways to cope with stress.
- If you do “slip-up”, get right back with your program. Give yourself lots of praise for doing that.

